

I Am Healthy, I Am Happy



Do you want to add more daily physical activity to your child care program?

Join us for an interactive training on how to incorporate fun, low-cost physical activities into your child care program. It will be led by Dr. Diane Craft, a leading early childhood physical activity researcher and trainer, in collaboration with the Office of the State Superintendent of Education, Division of Wellness and Nutrition Services. This is a special training for CACFP organizations only. **This training is a “I Am Healthy-I Am Happy” pre-grant activity. This will prepare CACFP child care providers to apply for the upcoming “I am Healthy-I am Happy” grants.**

Active Play! Physical Activity Training Date:

Monday, July 18, 2011

Session 1: 9:00 a.m.-12:00 p.m.

Session 2: 1:00 p.m.- 4:00 p.m.

Register by 5 PM on July 8, 2011. Register Early. Space is limited.

OSSE, 810 1st Street, N.E., Washington, D.C., 3rd floor, Grand Hall

Active Play! Training Benefits

- **Free Resources!** Child care providers who attend the training will receive the book *Active Play! Fun Physical Activities for Young Children*. The book includes 52 physical activities and a companion DVD that features 30 of the 52 activities that are in the book.
- **Keep your current program structure!** The *Active Play!* book provides instructions on how to include more physical activity in your current program structure to satisfy the requirement to provide 60 minutes of structured physical activity.
- **Be a part of the change to provide the District of Columbia's children with a healthy start!**



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